

UCLA Loneliness Scale (UCLA-LS)

Category: Social Support | Items: 20 | Time: ~5 min

Description / When to Use

20-item measure of subjective feelings of loneliness and social isolation.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 20 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Always

Scoring Guide

Sum all 20 items scored 1-4. Total range 20-80. Higher scores = greater loneliness.

Cutoff Interpretation

| Score Range | Severity | Recommended Action |
|-------------|---------------------|-----------------------------|
| 20-34 | Low loneliness | None |
| 35-49 | Moderate loneliness | Monitor |
| 50-80 | High loneliness | Social support intervention |

Psychometric Properties

Cronbach's alpha: 0.91 | Test-retest reliability: 0.73

Validity: Most widely used loneliness measure; validated across cultures.

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Citation (APA Format)

Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The revised UCLA Loneliness Scale. *Journal of Personality and Social Psychology*, 39(3), 472-480.

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